

# Hampden Academy

## Field Hockey

### SUMMER DAY CAMPS

Please return Registration Form and inquires to:

**Amanda Pullen**  
 % Hampden Academy Field Hockey  
 89 Western Ave, Hampden, ME 04444  
 Email: [apullen@rsu22.us](mailto:apullen@rsu22.us)

**July 6-10, 2015**

Grades 3-5 from 9:00-11:00  
 Cost: \$50

Grades 6-8 from 1:00-4:00  
 Cost: \$75

Please make checks payable to: **Hampden Academy Field Hockey**

### TYPICAL DAY AT CAMP

GRADES 3-5		GRADES 6-8	
9:00	Opening Remarks/Warm-Up	1:00	Opening Remarks/Warm-Up
9:30	Skills Stations	1:30	Skills Stations
10:00	Small Games	2:30	Lecture
10:30	Scrimmage	2:45	Stations Aligned to Lecture
11:00	End of Camp/Pick-Up	3:30	Scrimmage
		4:00	End of Camp/Pick-Up

EQUIPMENT	ABOUT the CAMP	FACILITIES
Each camper should bring a stick, shinguards, sneakers, mouthguard, sunscreen and a water bottle (campers in grades 6-8 will need goggles). ALL GEAR SHOULD BE MARKED WITH THE CAMPER'S NAME.	The HA Field Hockey Day Camp is designed for the development of the field hockey athlete from beginning to advanced levels. All campers will receive instruction at their ability level from qualified coaches and current HA field hockey athletes.	The camp programs will be conducted at Hampden Academy. Participants will have opportunities to play on both the grass field located on the infield of the track and on the artificial turf facility.

### REGISTRATION FORM

REGISTRATION MUST BE RECEIVED BY FRIDAY, JUNE 19th TO GUARANTEE T-SHIRT.

Athlete Name: \_\_\_\_\_ Grade 2015/2016: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name (PRINT): \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_ Contact # During Camp: \_\_\_\_\_

Medical Issues/Allergies: \_\_\_\_\_

Circle T-Shirt Size:      YS              YM              YL              AS              AM              AL              AXL

**Circle Session  
 Attending**

Grade 3-5 from 9:00-11:00  
 Amount Due: \$50

Grades 6-8 from 1:00-4:00  
 Amount Due: \$75

Total Amount Enclosed: \_\_\_\_\_ Check #: \_\_\_\_\_ Date: \_\_\_\_\_